

# Adult preventive care services covered by Group Health



**King County**

Benefits, Payroll and  
Retirement Operations

This information is a summary of adult preventive care services covered by Group Health. Talk with your health care provider to determine which preventive services are right for you and when you should have them.

Preventive care coverage is based on recommendations by the U.S. Preventive Services Task Force (USPSTF), which can be found at [www.ahrq.gov/clinic/uspstfix.htm](http://www.ahrq.gov/clinic/uspstfix.htm). Vaccine coverage is based on recommendations by the Centers for Disease Control and Prevention (CDC), which can be found online at [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines). Because recommendations change often, you may want to keep current by periodically checking the USPSTF and CDC Web sites.

**Before scheduling a visit for preventive care, be sure to check your benefits summary, *Your King County Benefits*, at [www.kingcounty.gov/employees/YourKingCountyBenefits](http://www.kingcounty.gov/employees/YourKingCountyBenefits) or contact Group Health at 888-901-4636 to determine your share of the cost for these services.**

<b>Well-adult visits</b>	Every 4-5 years — 20-49 years of age Every 2 years — 50 years of age and older
<b>Blood pressure</b>	Every 2 years — 20 years of age and older
<b>Cholesterol</b>	Every 5 years — men 35 years of age and older; women 45 years of age and older (at age 65 and older, discuss with your physician)
<b>Mammogram</b>	Every 1-2 years — women 40 years of age and older, based on risk factors; if 75 years of age or older, discuss with your physician
<b>Cervical cancer</b>	Every 2-3 years — women 20-64 years of age; at 65 years of age and older, discuss with your physician
<b>Chlamydia</b>	Routinely — women 24 years of age and younger if sexually active; women 25 years of age and older at risk for sexually transmitted disease (discuss with your physician)
<b>Osteoporosis (bone density test)</b>	Routinely — women 60 years of age and older, based on risk factors
<b>Prostate cancer</b>	Routinely — men 50 years of age and older; discuss with your physician

<b>Abdominal aortic aneurysm</b>	Once — men 65-75 years of age who have ever smoked tobacco
<b>Colon cancer</b>	Annually — 50 years of age and older
<b>Colorectal cancer</b>	Every 10 years — 50 years of age and older; if 80 years of age and older, discuss with your physician
<b>Tetanus-diphtheria (Td)</b>	1 dose Td every 10 years — 20 years of age and older; at least once in adult life, a single dose of Td booster with pertussis (Tdap)
<b>Influenza</b>	Annually — 50 years of age and older, administered earlier for high-risk individuals
<b>Pneumococcal</b>	1 dose — 65 years of age and older, administered earlier for high-risk individuals
<b>Hepatitis A and B</b>	1 dose — 20 years of age and older if high-risk individual
<b>Zoster</b>	1 dose — 65 years of age and older